Historic, archived document

Do not assume content reflects current scientific knowledge, policies, or practices.

homemakers' chat
FOR USE IN NON-COMMERCIAL BROADCASTS ONLY
U S DEPARTMENT OF AGRICULTURE

1.9
In3Hh
cop1

Thursday, December 30, 1943.

QUESTION BOX:

How ease laundry work?
Soya in puddings?
How make rice pudding?
How keep dry breadcrumbs?

ANSWERS FROM:

Home economists of the U.S.Department of Agriculture

LIBRARY
CURR NT SE RECORD
☆ N 2 44
U.S. DEPAR

---ooOoo---

Mid-winter questions range from laundry work to bread crumbs. And two of the homemakers who have written in want to know about pudding desserts. Home economists of the U.S.Department of Agriculture have supplied all the answers. Let's read the first letter:

"The job I dread the most in wintertime is washing, although I have an electric washing machine. Can you suggest any ways to make the work easier?"

In the first place, the home economists suggest that you make a plan of work. Sort the clothes carefully into piles---white and colored, lightly soiled and very soiled, of each kind. Notice whether any articles have rayon or other synthetic fibers, even in the trimmings. These often need rather delicate handling.

Put white clothes to soak for about 15 minutes in lukewarm soapy water ---never hot water. A long soaking isn't necessary. If you know certain colored articles are fast color, put them to soak, too, but separately from the white garments. Rub soap directly on the very soiled places like collars and cuffs of a man's shirt. Put soap in the soaking water.

If your washing machine stands in a cold place when you are not using it, bring it into a warm room several hours ahead of time to warm up the lubricating grease. Or fill the tub with hot water and let it stand for an hour. Never pour very hot water into a very cold porcelain enamel tub, or you may crack the enamel.

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

[illegible]

Clothes don't get enough sunshine in winter to bleach them well. So take extra care in rinsing them and be sure all the soap is out. Boiling is not necessary unless you wish to disinfect the clothes after an illness, or the clothes are very dirty. However, a little boiling often helps to whiten clothes, but too much will turn them yellow. Boil no longer than 5 or 10 minutes. Be sure all soap and washing powder are rinsed out of clothes before you blue them.

Hang clothes outdoors if you can. If you must dry them indoors in winter choose a room with good ventilation to help with the drying. You could even set an electric fan on a high shelf near the clothes line to hasten drying. Hang clothes straight on the line, wherever you hang them, with the same kinds together so you can sort them easily when you take them off the line. And here's a tip for hanging outdoors in cold weather: Warm the clothespins and they'll be easier to handle

Don't dry woolens outdoors in winter. Dry them in a warm room, but not close to a hot stove.

Speaking of hot stoves brings us to the next question--hot puddings. The next woman says: "I am interested in using the new soya grits and flour in as many ways as possible. Can I work these products into some desserts, such as steamed puddings, which I usually make with flour?"

Yes, indeed, the home economists say. You can use either soya flour or soya grits in some of the familiar desserts to enrich their food value.For example, in making a steamed cranberry pudding for six, you could use 1/2 cup of either soya flour or grits and 1 cup of sifted wheat flour instead of 1-1/2 cups of flour. And if you want a cranberry sauce with the cranberry pudding, put a little soya flour in the sauce to give it body. When the recipe calls for 3 tablespoons of cornstarch to thicken 3 cups of liquid, use 2 tablespoons of soya flour, and 2 of cornstarch.

You will no doubt think of many other desserts in which you could substitute

about one-eighth to one-fourth as much soya flour for the ordinary flour called for. In making gingerbread, for example, use 1/4 cup of soya flour and 1-3/4 cups of sifted wheat flour, instead of 2 cups of flour.

Next we have a request for the recipe for old-fashioned rice pudding. The home economists say creamy baked rice pudding is one of the easiest and most economical puddings you could serve. The only ingredients are 1 quart of milk, 3 tablespoons of rice, one-third of a cup of sugar, half a teaspoon of salt, and half a teaspoon of nutmeg or cinnamon for flavor. You can add half a cup of raisins if you like. Creamy rice pudding never has eggs in it.

Wash the rice and stir all the ingredients together. Pour into a baking dish and bake in a very slow oven (250 to 300 degrees Fahrenheit) from 2 and one-half to 3 hours. Stir 3 or 4 times during the first hour, but toward the end of the cooking leave the golden brown crust undisturbed. The creaminess and delicious flavor of this pudding are due to the long slow cooking.

To save gas you can cook the pudding in a double boiler on the rop of the stove first, for about 2 hours. Then turn it into a baking dish and finish by cooking for another hour in the oven

Our last question is about bread crumbs. "Is there any good way of keeping dry bread crumbs so they remain dry but don't get moldy or rancid? I always put them in a tight tin or jar, but after a while they don't taste good."

The home economists say bread crumbs must be dry when you store them. Dry bread crumbs keep best if air reaches them, so instead of putting them in a tight container like crackers, punch holes in the cover of the jar or tie a piece of cheesecloth over the top. They keep best stored this way but, even so, will not keep indefinitely.

#